

Tanya's Lentil Loaf

adapted from Dreena Burton's No-Fu Love Loaf; see her cookbook [Let Them Eat Vegan](#) and the [original recipe](#).

Makes 2 loaves; serves 10-12; or makes 24 muffins

In a 6 qt. saucepan, combine:

- 1 cup brown (green) lentils, the big ones
- 2 and $\frac{2}{3}$ cup water
- 1-2 vegan bouillon cubes or 1 heaping tsp. organic Better than Bouillon vegetable base
- 1-2 dried bay leaves

Bring to a boil, then lower heat to medium-low. Cover and let cook 25-30 minutes.

Meanwhile, preheat the oven to 375° F. Line 2 glass baking dishes (about 8x4, bread pan size) with parchment paper. OR prepare 24 muffin liners.

Once the lentils are done, add to the pot:

- 1 $\frac{1}{2}$ cups bulgur [or steel cut oats]
- 2 cups water, boiled.

Cook on medium-low for another 8-9 minutes.

Once the bulgur is cooked, remove the bay leaf and add:

- 2 cups rolled oats
- $\frac{1}{4}$ cup nutritional yeast flakes
- $\frac{1}{4}$ cup flax meal, ground [or chia seeds]
- $\frac{1}{4}$ cup tahini
- $\frac{1}{2}$ tsp. dried thyme
- $\frac{1}{2}$ to 1 tsp. dried oregano
- 2 tsp. dried basil
- freshly ground black pepper to taste
- $\frac{1}{2}$ cup natural ketchup (see recipe)

- ¼ cup Bragg's aminos [or tamari or soy sauce]
- 1 Tablespoon blackstrap molasses
- 2 stalks finely chopped celery
- 2 finely chopped carrots

Optional: can also add other vegetables or seasonings, such as

- 1 c chopped dried string beans
- 1 T ground dried celery leaves
- 2-4 ancho peppers, ground
- etc.

The mixture will be quite thick. Stir very well.

For loaves: Pack into prepared baking dishes. Cover and bake 25-28 minutes. Uncover and bake another 7-8 minutes. Remove from oven and let stand another 10-15 minutes or so before slicing.

For muffins: spoon into muffin liners and cook 30 minutes uncovered

For no-meat balls, form into balls, cook 20 minutes.

[optional: cover with vegan barbecue sauce or ketchup before baking; or serve with natural ketchup, vegan rosemary gravy, or mushroom gravy]

Natural Ketchup

- one 6-8 oz can of tomato paste
- ⅓ cup water
- 1 tsp maple syrup or agave
- 1 Tablespoon apple cider vinegar
- 1 tsp Bragg's aminos (or tamari)

Stir together. Store in refrigerator. Keeps at least a week or two.